

October 8, 2003

Myers
1 OF 3

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10/15/03

RT

Subject: The Food Guide Pyramid Update

To whom it may concern:

I am very interested in the revamping of the US Dietary Guidelines, for a primary focus in my life is health education. I grew up on the old Four Food Groups... lots of junk food, refined and processed foods, dairy and meat. I had weight problems and later developed severe ulcerative colitis. My colon was bleeding every day for over 10 years! I was under the care of specialists and took drugs for years. When I no longer had insurance and the doctors were talking about cancer... I knew I had to find a better way.... and I did! I eventually discovered that a whole food plant based diet was my salvation. I lost weight, became more active and my body healed! This occurred without insurance and at no cost to government. I became a veggie. I hope the enclosed information will prove fruitful and enlightening.

Regards,

Pamela Wunder Myers

Nutrition Education/Disease Prevention Specialization

PS: And I have all my parts! (-:

My 5
20F3

The Tale of the Kingdom

A comic book with a purpose!

To Whom It May Concern:

Summary

I have been actively involved in health education for over twenty years and know that education to understand the critical nature of the food choices made each day is important and far reaching, especially regarding disease prevention. A primary focus of my work concerns the relationship of degenerative diseases and foods depleted of nutrients needed for proper growth and functioning.

During the course of my master's degree studies and an internship in nutrition education with the public schools, I saw a need for informative educational tools regarding disease prevention. Along with my master's thesis, I proceeded to write a play and later a comic book/reference guide concerning these issues, for I felt it critical that people have a common sense understanding of the simple and basic principles underlying good health and development. Statistics now reveal that a major health consequence of childhood obesity has given rise to type II diabetes in adolescents. Worldwide there are approximately 160 million people afflicted with this disease and 300 million people are dealing with obesity. Diseases are running rampant, and health care costs in the US alone are estimated to be \$93 billion a year.

Today, in addition to the massive consumption of junk food, nutrient depletion of our soil, genetically modified organisms, the environmental hazards of toxic waste and its link to cancer, and the possible threat of biological agents... knowledge and awareness of building strong immune systems is extremely important. **The Tale of the Kingdom** provides a fun and magical way to create awareness about wise food choices, in order to insure proper growth, mental and emotional functioning. *Education is the key!*

The format of **The Tale of the Kingdom** is presented as an actual script for a play that has been performed by varying age groups of children. It's fun and funny, as well as, educational and insightful and is offered as a transitional tool to assist with the current change towards healthier eating. It has proven to be a wholesome vehicle for multiple forms of learning, as education regarding healthy food choices becomes a by product of the many fun, eventful and constructive activities derived from such a venture with numerous rewards for life. **The Tale of the Kingdom** carries a benevolent but critical message concerning personal responsibility.

Plans include a website, so the format can be easily revised, updated and adapted to diverse cultural settings, and/or developed into an interactive computer game with toys, tee shirts, etc. There is an amateur video of the play, as performed by students, to be used as a prototype. Consideration is being given to renaming it *The Tale of the Kindom*. In addition, it has been suggested that outreach programs be developed to health organizations, insurance companies, the corporate sector and the population in general, as medical costs have skyrocketed more than twice the rate of inflation, people are spending billions of dollars on medications and millions are without health insurance. Statistics reveal a critical need in our present day society for a new worldview - one founded on truth, wisdom and a feeling of being connected. The essential essence of **The Tale of the Kingdom** offers such a worldview.

Thank you, Pamela Wunder, Author

March 27, 1988

'Kingdom Of Light' Educates Public

Good Nutrition Theme Of Local Comic Book

By Judi Lennox

D.N. Staff Writer

MOUNT SHASTA — Sir Cosmic and his winged horse Victory lead the search for good eating habits in the Kingdom of Light, according to the plot of an educational comic book authored by a Mount Shasta woman.

Pam Myers, 38, founded Cosmic Comics, Inc. in Mount Shasta recently. She said her first comic book, "Kingdom of Light," attempts to educate the public on nutrition's role in good health.

From a survey she conducted in 1983 while working toward a master's degree in clinical holistic health education, Myers concluded that the general public is unaware of dietary goals. She had sent out questionnaires to the parents of elementary school children in Santa Cruz, while she was working on an internship through John F. Kennedy University in Orinda.

"I discovered a large percentage of the respondents were not aware of the U.S. dietary goals," Myers commented. "That became a big part of my thesis."

It also became the basis of a play Myers wrote for the Santa Cruz school system. The comic book is based on the play.

The play chronicles the search of the hero, Sir Cosmic, for the cure to mysterious diseases which plague the Kingdom. He and his winged horse Victory travel to the distant Land of Noir, which is suffering through diseases similar to those in the

Kingdom. A wise man from the Land of Awees tells Sir Cosmic that poor eating habits are the root of the diseases. Sir Cosmic returns to the Kingdom with the knowledge that good eating habits will cure the people.

But the play alone was not enough to get the good eating habits message across, according to Myers.

"We needed more exposure, outside of Santa Cruz," she stated. "Because the play went over so well, the comic book idea just sort of flowed."

Myers approached her former brother-in-law Michael Myers, a graphic artist. He agreed to illustrate the book with Pam writing the story. It took Michael about seven months to finish the drawings for the approximately 15-page book. Meanwhile Pam was busy adapting the play's script to book form.

Along with the comic book story itself, the book will include several pages at the end which outline the U.S. dietary goals and ways to achieve them. A list of "super foods" is among this, as well as recipe tidbits.

Myers hopes that her book will guide people, especially children to healthier eating habits, which include less sugar, salt and fats.

"I hope people realize the role they play in the condition of their health," she said. "It's a question of mind over matter — having the presence of 'mind' not to put just any 'matter' into their mouths."

Myers has firsthand experience

with the impact of eating habits on her health. Ten years ago she was diagnosed as having an intestinal tract disorder. After seven years of doctor's appointments and medicines, the disorder had not gone away.

When Myers became interested in holistic health three years ago, she decided to try changing her eating habits and see what effect that would have on the disorder. The result was phenomenal, she said. The disease symptoms virtually disappeared, according to Myers.

"That's when I started to acknowledge the role nutrition played in my healing process," she said.





Educational comics that instruct students in the principles of nutrition are an inspired new teaching aid.

Nutrition Comix

A California nutrition educator has come out with a comic book that discusses the whys and hows of resisting the siren call of processed foods and buckling down to good nutrition. Pamela Wunder Myers says the book evolved from a two-year internship with the Santa Cruz city schools, where she became keenly aware of the need for teaching aids in disease prevention.

The thirty-two-page book tells the story of Sir Cosmic, a knight who travels to a distant land to learn why his kingdom is riddled with disease and unhappiness. Along the way, he encounters piteous creatures who have overdosed on salt ("I had a stroke. It was no joke") and white flour ("I get pastier by the hour. I often get stuck in that tower!") (pointing to an outhouse on the hill). In the end, Sir Cosmic completes his quest and carries home words of nutritional wisdom that save the kingdom.

The second half of the book is a surprisingly thorough discussion of the U.S. Dietary Goals, nutrition and birth defects, food irradiation, and the benefits of whole foods. "The Tale of the Kingdom of Light" is available for \$2.95 plus 65 cents postage from Cosmic Comix, P.O. Box 700, Mt. Shasta, CA 96067.

The Case of the Missing Nicotine

There's a new cigarette that promises to be at least a small improvement on a bad idea. Favor, the world's first smokeless cigarette, is a hollow tube with a nicotine-laced plug at the end. People who've tried it say it feels like you're drawing in hot smoke. The makers of the new cigarette, Advanced Tobacco products of San Antonio, Texas, say that their invention is beneficial for bystanders who

don't have to inhale the smoker's blue-grey cloud.

At the American Health Foundation, a non-profit medical research group in Valhalla, New York, a biochemist who wondered how the cigarette was affecting the smokers themselves measured nicotine levels in volunteers... and found none. There's plenty of nicotine in Favor, says Daniel Sepkovic, but somehow not much of it seems to reach the smoker. Favor will go on sale in stores by the end of the year.

Waxing Angry Over Food Additives

Supermarket produce is commonly treated with waxes, fungicides, and other preservatives to guard against deterioration and to inhibit natural ripening. We can't taste them, and, beyond an occasional shiny-slick cucumber, we can neither feel nor see them.

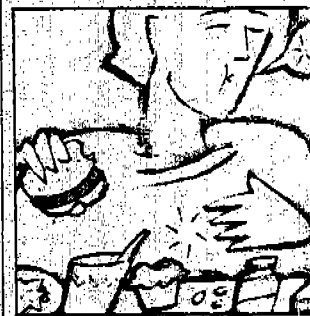
There ought to be a law? There already is one, but most stores routinely ignore it. Federal regulations require retailers to post signs or bulk container labels that "prominently and conspicuously" announce the presence of specific preservatives. Mark Brian, a California tennis-club owner, wants to know why so many produce stands are skirting the law. Brian is mailing letters to supermarket chains asking what steps they plan to take to comply with the law. He is also planning a class action suit.

Brian's work has the blessing of the Union of Orthodox Jewish Congregations of America, whose concern stems from the fact that some waxes and coatings are derived from beef tallow and thus violate the dietary laws of orthodox Jews (see *Compass*, August 1985).

Brian is asking anyone who has ever suffered illness or injury from fruit or vegetable coatings to contact him for possible inclusion in his



lawsuit. He can be reached at Valley Tennis and Swim Club, 1450 Hotel Circle North, San Diego, CA 92108; (619) 296-6341. For the record, items that may have a wax coating include apples, avocados, bell peppers, cucumbers, eggplant, grapefruit, lemon limes, melons, oranges, parsnips, passion fruit, peaches, pineapples, pumpkins, rutabagas, squash, sweet potatoes, tomatoes, and turnips.



Surprising Relief for Indigestion

Here's an item that almost makes you wonder why the drug companies don't market sugar pills. A Swedish study reported in the *New England Journal of Medicine* (Vol. 314, no. 6) indicates that people with chronic indigestion not caused by ulcers, placebos work just as well as antacids. They also relieve symptoms as well as the prescription drug Tagamet (cimetidine), one of the latest selling drugs in the world.

According to Paul Miscovit, a gastroenterologist at Cornell Medical College, "This report challenges the validity of a common medical practice." Doctors assume that antacids help indigestion patients by neutralizing acidic stomach secretions. But Miscovit says it's more a case of blind faith. "Stomach disorders are poorly defined. We don't know exactly what non-ulcer indigestion is."

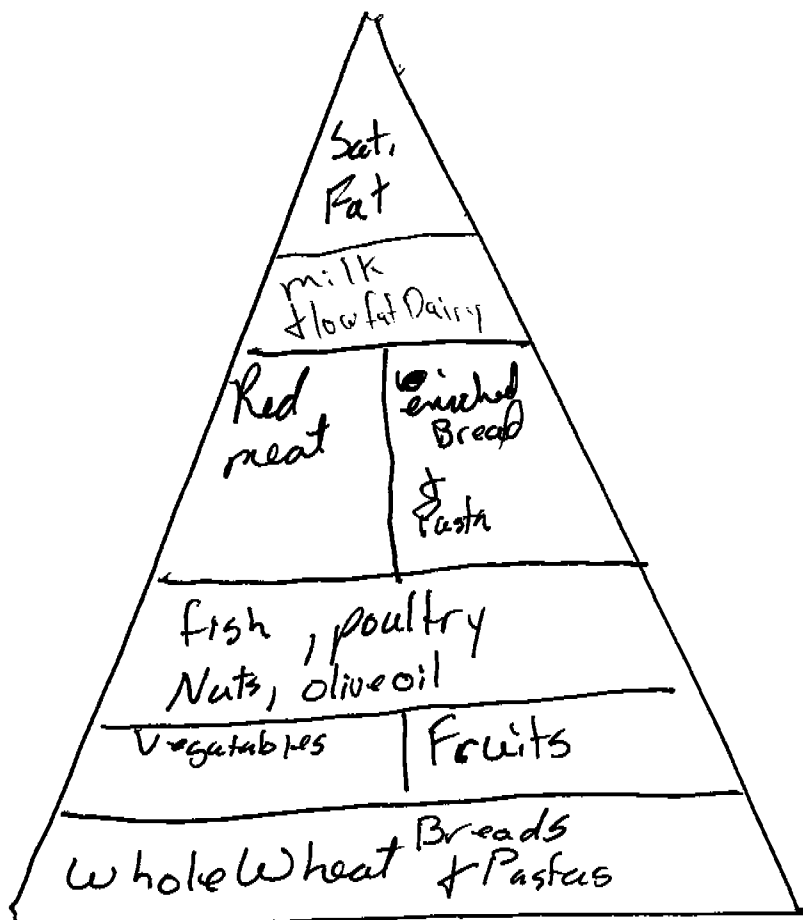
Ryan Olson ✓

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1 OF 1

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10/15/09
KS

Food pyramid

In my pyramid I am going to split up the food groups a little, they are too general. The bread and pasta group need to be split up into two groups. 1) Whole wheat breads and pastas 2) enriched breads and pastas. The meat needs to be split up into two different groups 1) this is the red meat group which is the higher fat of the meats. 2) This the fish and poultry meats that are a great deal less in fat than the red meat but, it will provide all the nutrients of red meat with out the fat. I am going to recommend that people use this pyramid on the bases that they are active people and will be able to burn some calories and some fat. If the people are not active then they may need to adjust the servings to accommodate their lifestyles.

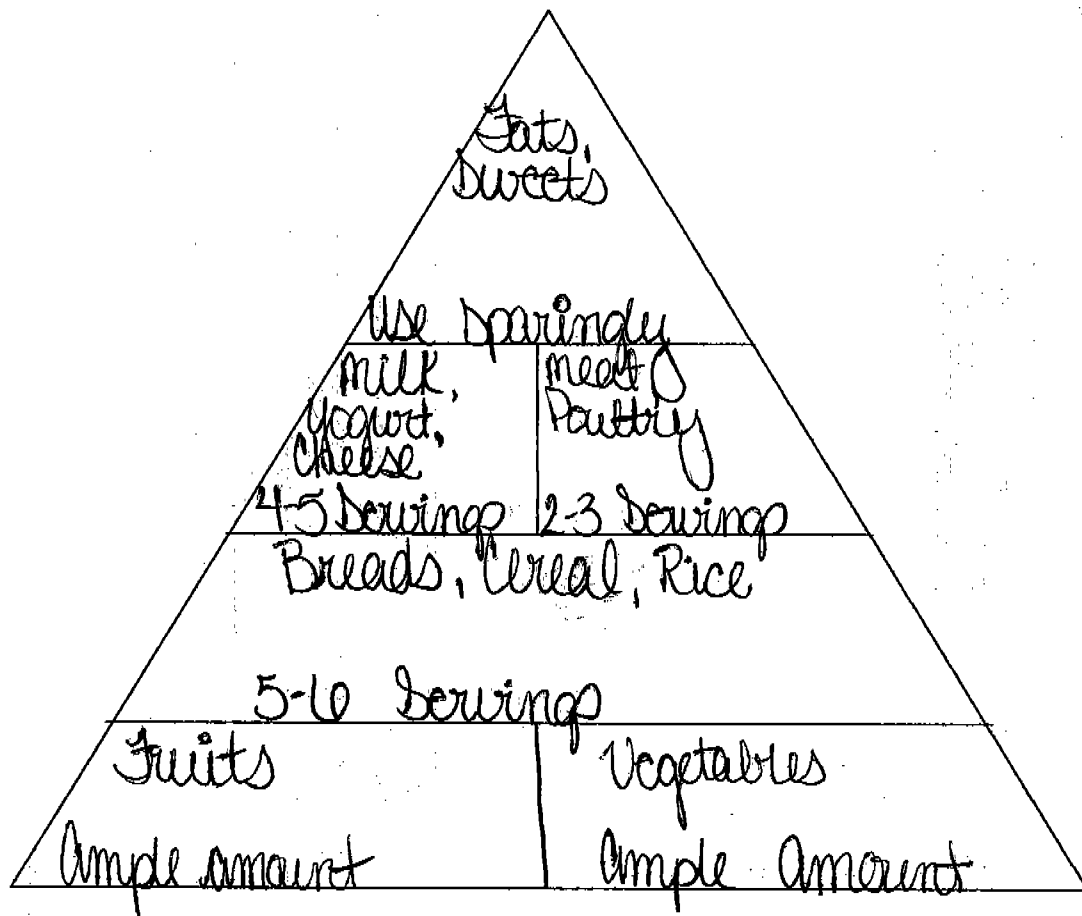


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Jessica Gowdy
TR 8:00-9:13
✓

I think that the current food pyramid is not resonable enough. Most people that I know do not get nearly enough of the required servings on the current food pyramid. I personally think that there are too many servings on some parts of the pyramid and not enough on other parts. I kind of like the idea of the new food pyramid in question, but I still think that they broke down the pyramid too much. I do not think that most people would pay attention to servings of nuts, legumes, etc. I would build my pyramid as follows...



October 7, 2003

Alford
10/7/03

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10/15/03
KT

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy & Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Team Member,

I am writing to you in response to the invitation for consumers to submit comments about proposed changes to the food pyramid. I would like to propose the following changes to the current food pyramid.

1) The new food pyramid should emphasize the intake of water, & place it in a category by itself. Water is the body's most indispensable nutrient. The body needs more water each day than any other nutrient & the body can only survive a few days without it. Although water is found in almost all the foods we eat, it is not enough to assume that consumers understand that, & assume that the body's water need is being met in that way. Water intake should be in its own category above & beyond all other nutrients for people to see the significance of it. Water acts as a solvent, provides the medium for transportation, participates in chemical reactions, provides lubrication & shock protection, & aids in maintaining the body's temperature.

2) The new pyramid should also emphasize physical fitness along with nutrition. Consumers need to know that just following any food pyramid is not enough. Consumers need to understand that physical fitness is just as important as adequate intake of nutrients. Consumers need to be able to distinguish between adequate nutrient intakes & its affects on both a sedentary lifestyle vs. a physically fit lifestyle.

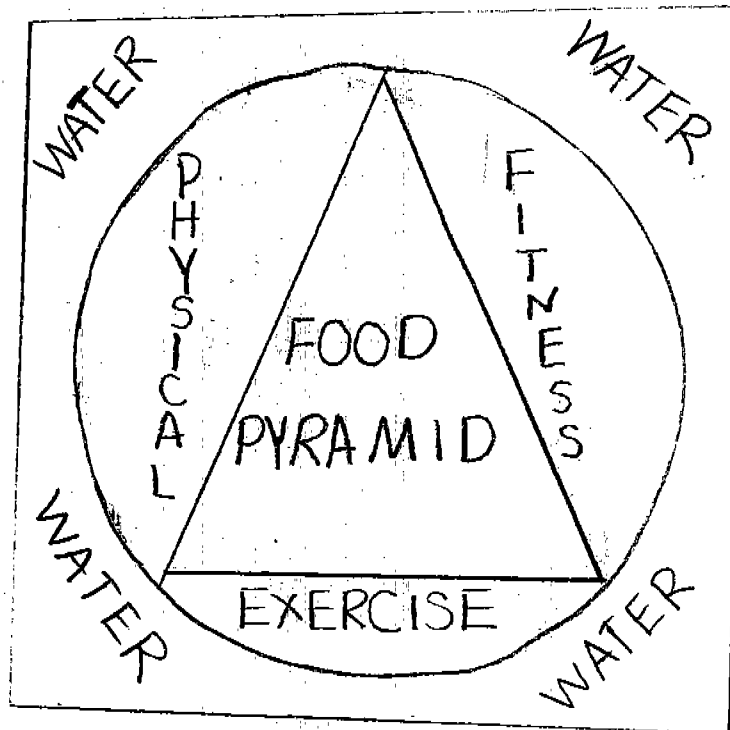
I feel that both adequate water intake and encouraging physical fitness should be a priority when designing the new food pyramid. These two factors when acting together should bond the entire pyramid. So many other factors go into each of the other food categories, when taking into account one's religion, ethnicity, personal tastes, affordability, and educational background. Two factors that I feel most people will learn to

Alford
2 of 2

agree on, when properly informed, are the importance of adequate water intake and physical fitness.

Thank you for your time and consideration.

Darius Alford ✓



DA 2003

Tami Trail ✓
ALHS 4315
October 6, 2003

Trail 1 of 2

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Introducing a New Food Pyramid

A new food pyramid should be introduced to Americans and everyone around the world because the old pyramid is simply giving the wrong impression to people.

Nutritionists have discovered that there are both good and bad carbs and good and bad fats. These differences can be easily distinguished on a new food pyramid. A new food pyramid would break up old food groups to separate good and bad carbs, fats and proteins by quality.

The bottom of the pyramid would consist of daily exercise, at least 30 minutes a day. This will lower the chances of heart disease, obesity, and osteoporosis if a person is active throughout the day. The next line, for better health, is good fats and whole grains such as plant oil and whole grain products, which should be eaten with every meal.

Refined carbs cause a rapid raise in blood insulin. Whole grain foods such as whole wheat, brown rice, or oatmeal are a good source of fiber, which slows the release of carbs into the bloodstream and keeps insulin levels spiking. Vegetables oils are considered heart healthy fats because they do not raise blood cholesterol levels. Then vegetables and fruit will take up the next line. They should be eaten up to 9 servings a day because they provide essential vitamins, minerals, and enough fiber to help keep people healthy. Nuts and legumes go next. Not only do nuts provide high-quality protein, they also provide "good fats" that help lower bad cholesterol. Beans are another source of protein and may help reduce the risk of heart disease. Fish, poultry, and eggs are in a group all their own

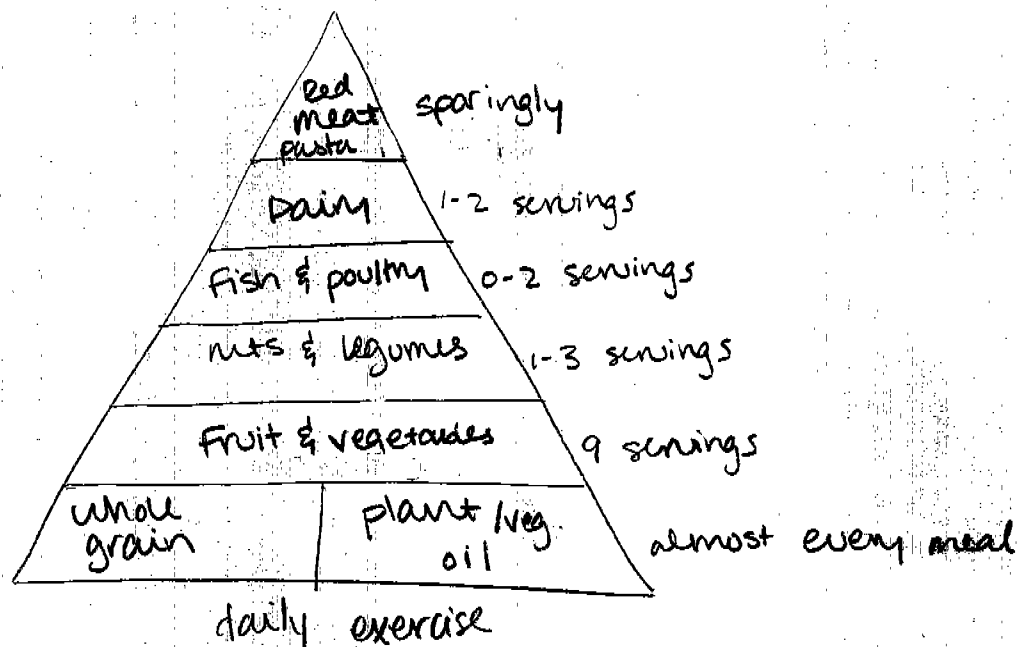
Tami Trail
ALHS 4315

October 6, 2003

Trail 2 of 2

because fish have almost no artery-clogging saturated fat, lots of essential fats and may help prevent heart attacks. Eggs are a good source of protein and may help fight age-related cataracts. Dairy comes next, and this group should be taken in 1-2 servings a day. Supplements should not be taken in place of dairy products because like in the old days, "nothing is as good as the real thing." At the very top, red meat, butter, white rice, white bread, potatoes, pasta and sweets are to be used sparingly. Red meat contains a lot of harmful saturated fat and refined grain products contain a "empty calories" that may contribute to weight gain and diabetes. We should also consider making the servings smaller. People have drastically increased portion size and if they were to decrease them even a little, there would be a huge difference in the quantity of food we take in.

Regardless of nutrition advise, a person should eat a diet high in fruits, vegetables, and whole grain foods, eat less red meat and more fish, choose low-fat dairy products, and go with vegetable oils instead of butter. These healthy guidelines can make your diet better and make you feel better about yourself.



Krystal Faifer

Dr. Ballard

ALHS 4315

Faifer
1 OF 3

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10/15/03
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Proposed Changes to Food Pyramid

I have proposed several new changes to the current food pyramid guide. First, a healthy lifestyle and education should be the foundation for all nutritional guides. Without the correct lifestyle and education one cannot successfully follow any sort of food pyramid. Next, I suggested four to nine servings of whole grains. I differentiated "good" carbohydrates from "bad" carbohydrates. It is important that a person can differentiate between complex and simple carbs; this again goes back to the educational foundation I have suggested as well. I cut the number of servings because portion sizes in America are much larger than they used to be. Third, I suggested both fruits and vegetables in a similar manner to that of the current pyramid. I did not change the serving size to correlate to Americans larger portions because as a whole, fruits and vegetables are under eaten. Fourth, I suggested plant oils at most meals. Here I dispelled the assumption that all fats are "bad". Next, I felt the public should consume 1-2 servings of legumes, fish, and other lean white meats. Here I provided the much needed lean protein sources. Sixth, I recommended 1-2 servings of dairy products, including cheese and milk. Finally, I advised the consumer to use animal fats, simple carbohydrates, sugar, and red

Fairer
2 of 3

meat sparingly. These foods are of no significant use in the body and should not be ingested in large quantities.

I feel that food servings should be reduced in order to compensate for the larger portion sizes offered. I also believe that lifestyle and education should be incorporated into the pyramid because these factors play a huge role in being able to abide by and understand recommendations. Classifications of carbohydrates and fats should be clear. Generalizations must be kept to a minimum. A successful pyramid should be easy to understand and interpret by anyone. I feel my proposed pyramid meets all these stated requirements.

*Fastest
3 of 3*

Animal Fats, simple
carbohydrates, sugar,
red meat
Use Sparingly

Dairy
1-2 servings

Fish, legumes, lean white
meats
1-2 servings

Plant Oils
At Most Meals

Vegetables
3-5 servings

Fruits
2-4 servings

WHOLE GRAINS
4-9 Servings

HEALTHY LIFESTYLE and EDUCATION

Johnson 1 of 2

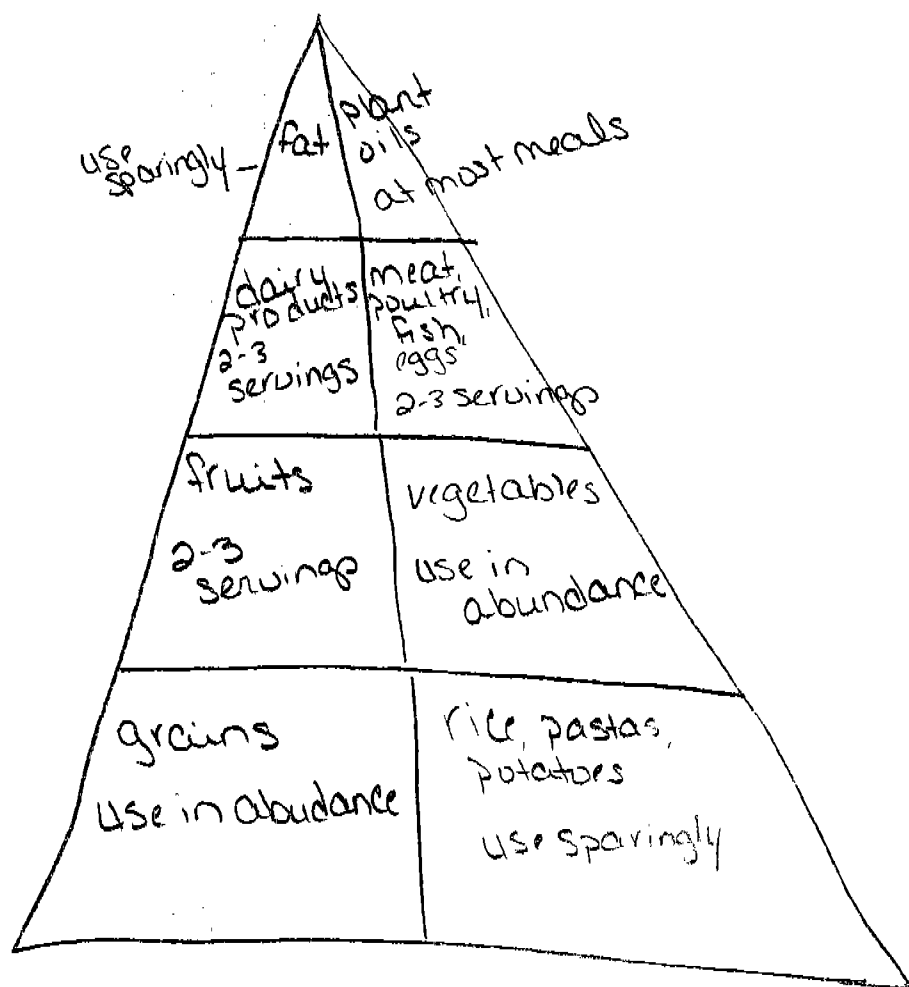
Jennifer Johnson ✓

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A major criticism with the current food pyramid is that it does not separate from the good carbohydrates and the bad carbohydrates. A good thing about the proposed pyramid is that it does, but a negative is that it is too big. The pyramid should separate the whole grains from the rice, pastas, and potatoes. The vegetables should be increased in the number of servings. It should be known that all oils are not bad and that some meats are good.

Food Pyramid Johnson

2 of 2



Jessie Droptini ✓
Nutrition
Dr. Ballard
October 7, 2003

Droptini
1 OF 2

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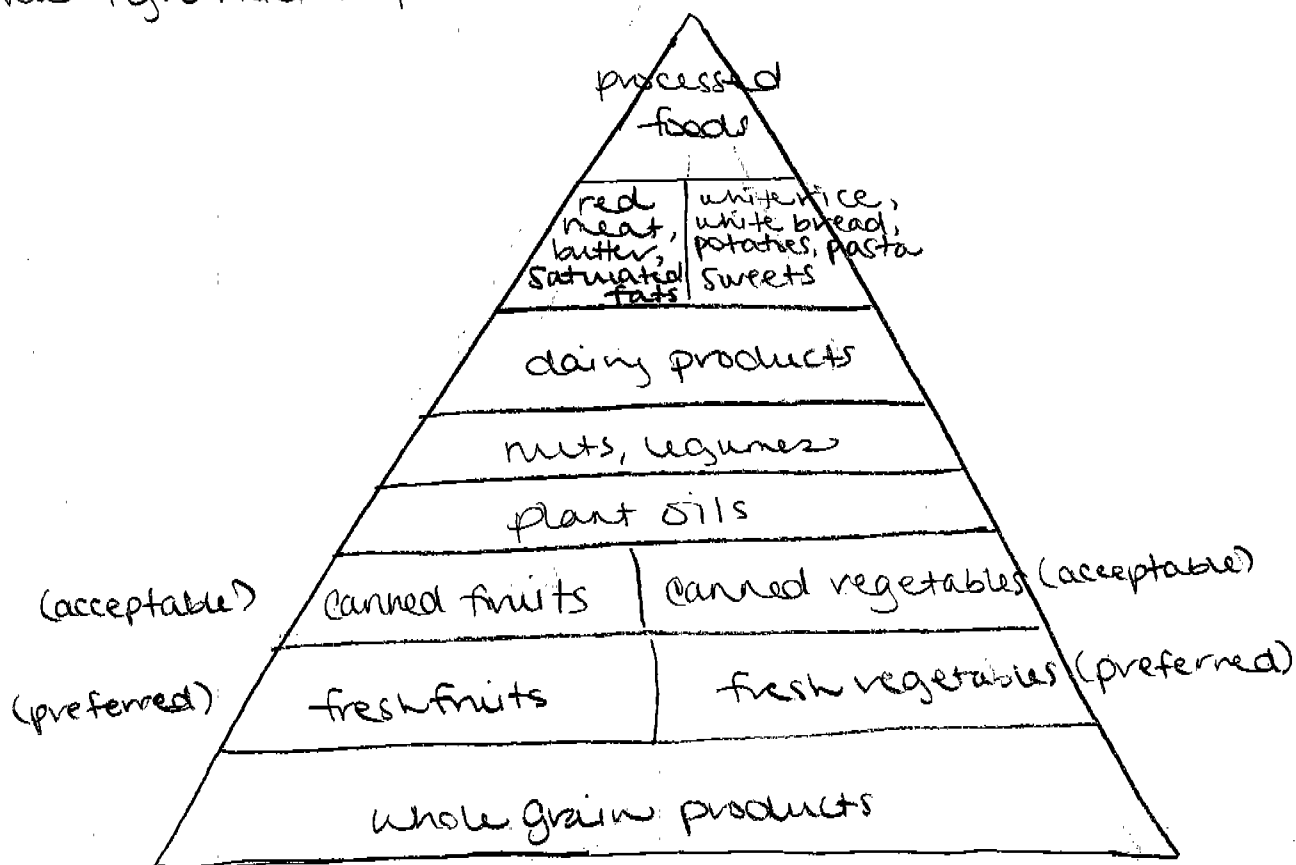
The food pyramid in present use has several problems with it that need to be addressed and corrected. The food pyramid makes the assumption that all fats are bad, instead of differentiating between good fats such as vegetable oils and bad fats such as red meat, butter or saturated fats. It also makes the assumption that all carbohydrates are good, when in fact carbohydrates such as white rice, white bread, potatoes, pasta and sweets are not as healthy of a choice as whole grain products. The present food pyramid again makes an assumption by showing milk, dairy products and meat as the only sources of protein when nuts and legumes may also be used as a substitute source of protein without the fat and cholesterol of meat or dairy products. In looking at these misleading assumptions made by the present food pyramid, certain changes should be made to help individuals have a better and more specific understanding of what a healthy diet is.

In order to create a better pyramid, the statements I made earlier should be taken into consideration. There should be differentiation between good and bad fats, good and bad carbohydrates and emphasis on better and healthier sources of protein. Also, other possible changes should be considered. If we are to create a pyramid to better serve society as a whole, we need to realize that many Americans do not have the best of eating habits. Many people have resorted to the "quick and easy" way of cooking by using foods that are processed and already prepared. While this may not be the healthiest choice, it should be included in the pyramid in very limited portions to show individuals that processed foods are not the best choice in a healthy diet. Also, there should be

Drop time
20F2

separation between canned fruits and vegetables versus fresh fruits and vegetables. The reason for this is when fruits and vegetables are cooked they tend to lose some of their nutrients that are originally contained in fresh fruits and vegetables. This separation should be included in the new food pyramid because individuals should be informed that canned fruits and vegetables, while still a very healthy choice, have lost some of their original nutritional value due to cooking processes. In conclusion, the new pyramid should make the distinction between good and bad fats, good and bad carbohydrates and emphasize healthier sources of protein. Also, the making of the new food pyramid should be accompanied by the realization that many Americans do not make the best diet decisions; these poor diet decisions should then be shown, in limited portions, in the new food pyramid to show Americans their unhealthy decisions and ways that those decisions can be corrected.

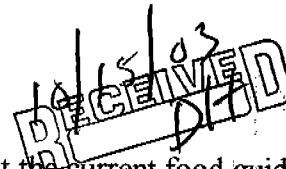
New Pyramid Proposal:



Loosier
1 of 2

October 2, 2003

Food Guide Pyramid Reassessment Team,

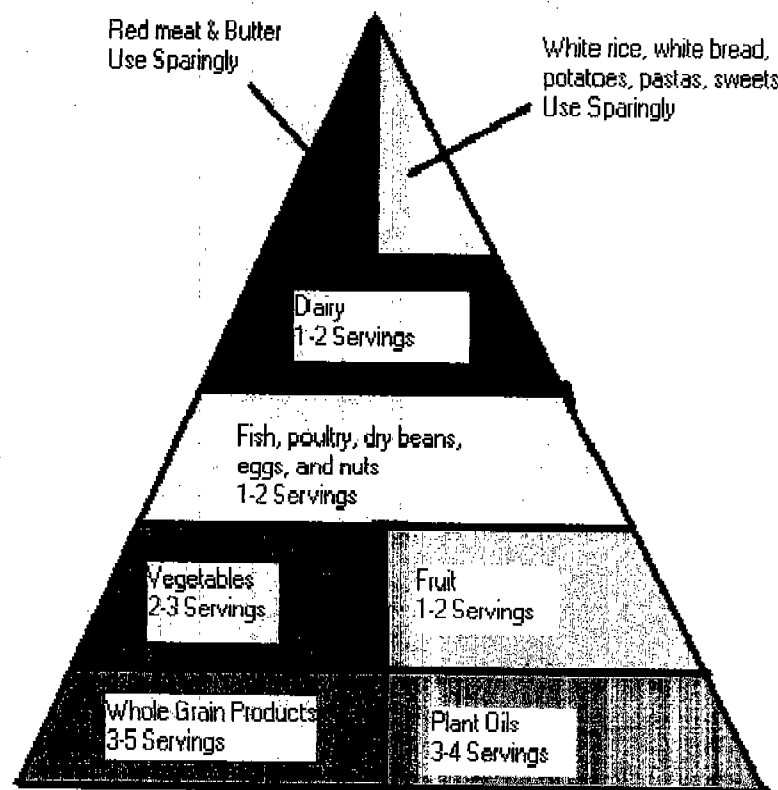


I am writing in regards to the request of input about the current food guide pyramid. In my nutrition class at University of Texas at Tyler, I realized three criticisms of this pyramid. It assumes all carbohydrates are good for the body, but actually they are not. The food guide pyramid needs to make a difference between whole grain products and white rice, white bread, potatoes, and pasta. Another fault is the food guide pyramid assumes all fats are harmful to the body. Plant oils are very healthy for us and needed to be added to our diets. The last criticism is the pyramid does not take in account that the serving sizes have become larger throughout the years. Everything in today's society is sold in larger quantities, so the servings need to be smaller. I have designed a new food pyramid that shows the changes that help the criticisms of today's pyramid. Thank you for allowing me to give you my input.

Sincerely, Misti Loosier

Loosier
2002

New Food Guide Pyramid



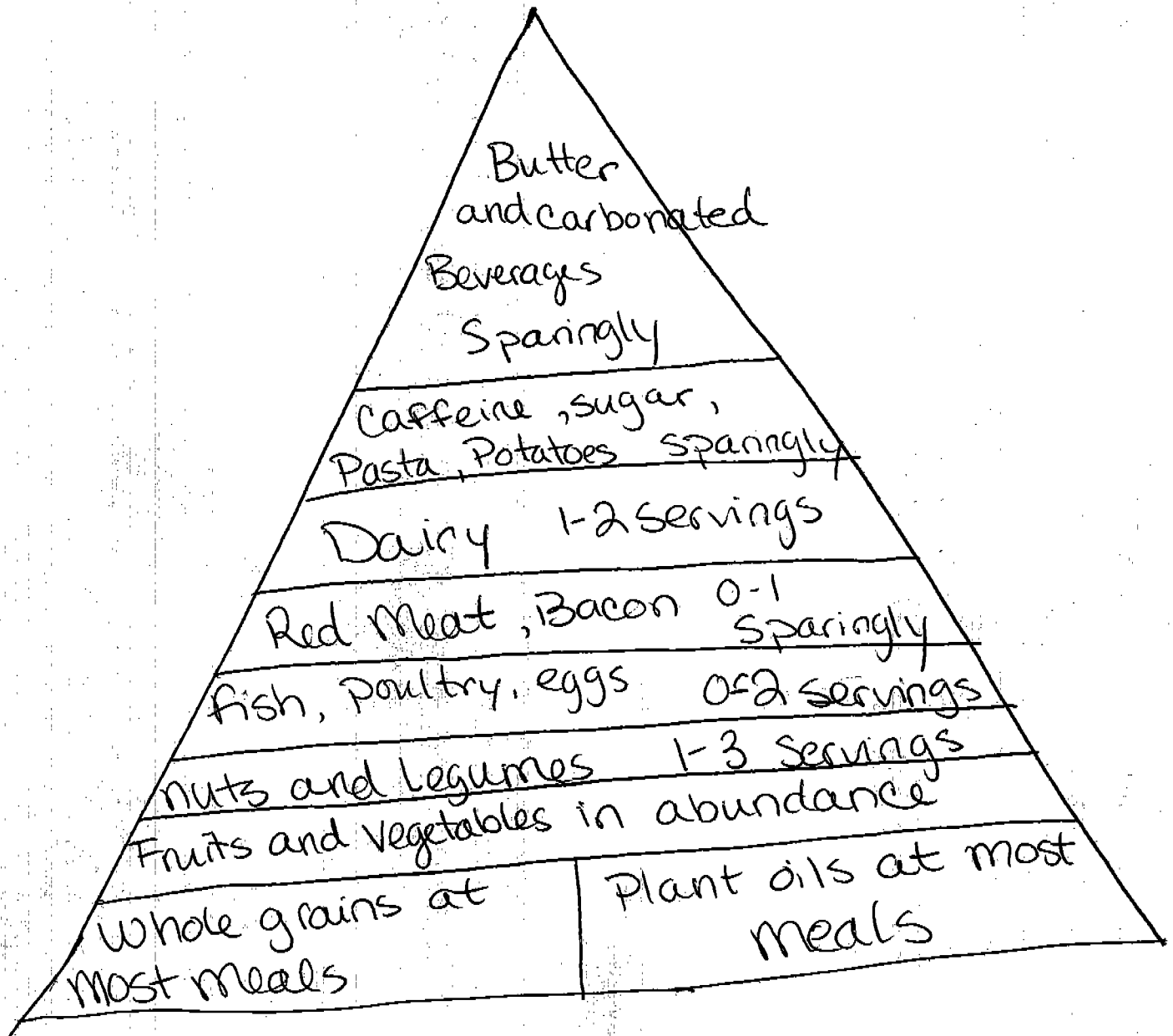
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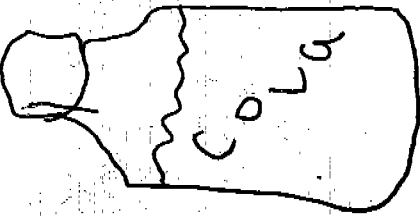
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Melissa

KT ✓ McFadden

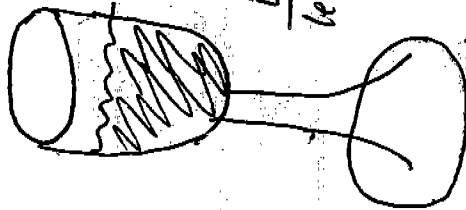
The food guide pyramid needs several things to be changed. Most of all Americans food portions are larger and contain more butter and carbonated foods. I do think that the food pyramid should separate between good and bad carbohydrates and fats. That is probably one of the most detrimental things to the American diet, the common public doesn't know the difference. The pyramid I have suggested recommends more whole grains and white meat. Fruit and vegetables still need to be in abundance. But I do think that there should be a category for nuts and legumes, though I do not think most Americans are familiar with what falls into the legume category. Further explanation would probably be useful in that category. I made red meat into its own category so people could see how important it is to limit their intake of this product. Dairy is still important but should be less servings than originally required. Most importantly I made a separate category for sweets and carbonated foods and beverages. The American public needs to be advised that these are not of significant nutritional value and should be given usage of sparingly. Butter as well should be in a category of rare use. With a combination of the food pyramid I suggested and the old one I think there could be a great outcome and the general public would benefit tremendously.





Carbonated beverages

↳ use sparingly.
avoid beverages that have
high fructose corn syrups.



alcohol
↳ only in moderation

legumes - peas,
lentils, beans

Eat a variety of vegetables;
leafy, sprouts, squashes, etc.
greens

Choose a variety of grains;

every day, especially
whole grains enriched
grains.

Hi fat foods

sweets, fatty meats, butter,

foods of min nutr value, hydro-
genated oils. Limit saturated fats to $\leq 10\%$ total
calories

use sparingly

milk, cheese, dairy products

avoid packaged, prepared foods

high in saturated fats & high in processed
sugars.

Best
of 1

1-2 servings

Legumes, nuts

Fish, poultry (skinless),
eggs, lean meats
1-2 servings

dairy products
1-2 servings

fatty meats
sweets, pasta,
white rice

fruits

Vegetables
IN ABUNDANCE
& variety 3-6 servings

2-3
servings

whole grain foods, plant oils, Polyunsaturated
fats

6-10 servings

Eat a variety of fruits, dairy,

avoid frozen, processed & prepared

fruits high in processed sugars.

Avoid sugars being added.

You need a daily

intake of ~~veg~~ unaturated

fats. Total fats should

Not exceed 30% of

daily intake.

Sat fat 10%

Unsat fat 10%

hydrogenated fat $\leq 10\%$

Glasgow 1 of 1

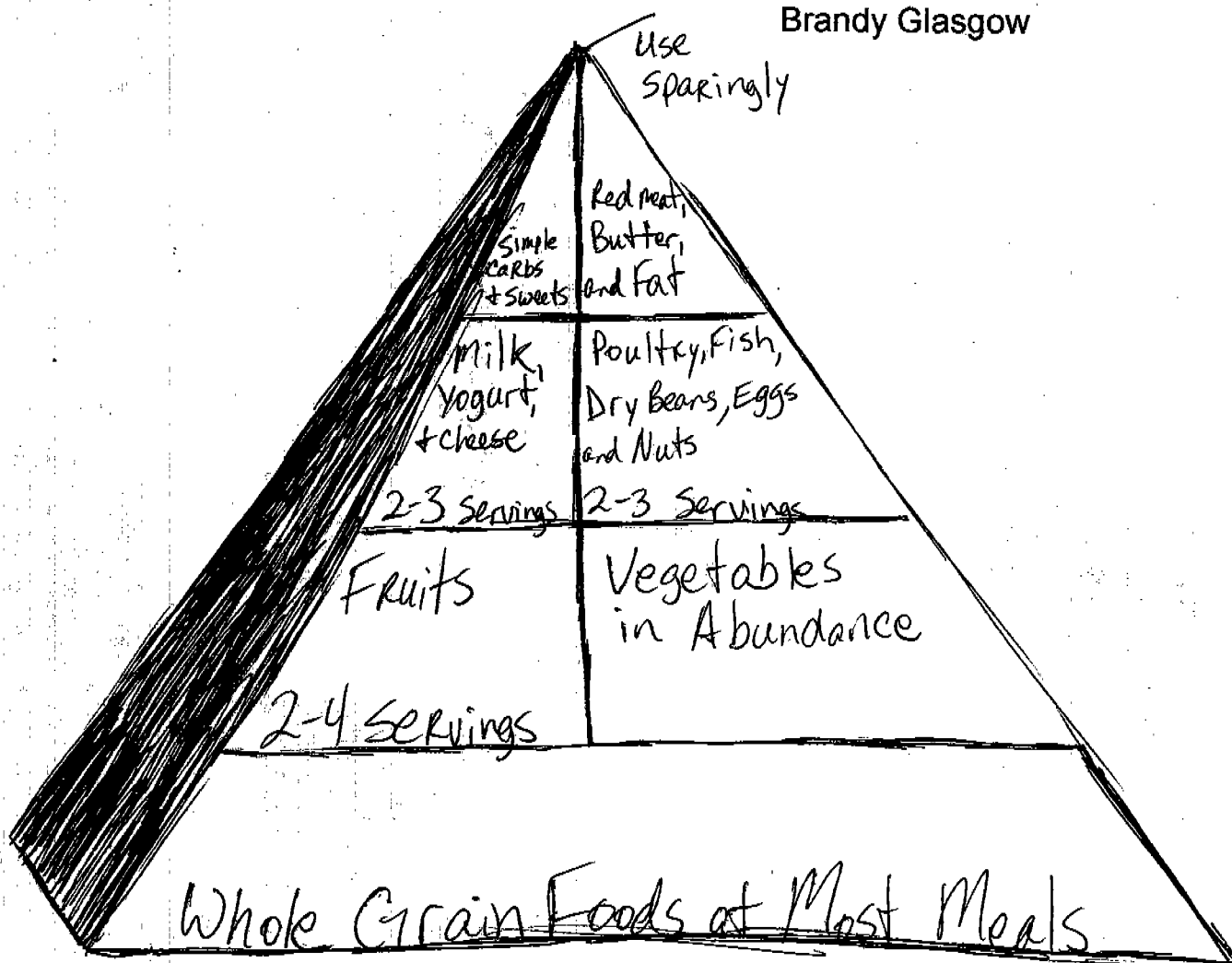
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Dear Food Guide Pyramid Reassessment Team,

The food guide pyramid is clearly flawed and should be changed. I suggest dividing carbohydrates into two categories. This will show that not all carbohydrates are good for you. Also, I think you should make red meat its own category so that American's know that it is not the best way to get protein. However, I do not think you should make plant oils its own category and say to eat them at most meals. American's already eat too much fried foods. Making plant oils a main food group would just give them an excuse to fry everything in plant oils because they do not know enough about nutrition to understand what they should eat.

Thank You ✓

Brandy Glasgow



Chomba Hansende ✓

Nutrition, Health and Disease

October 7, 2003

Hansende
1 OF 1

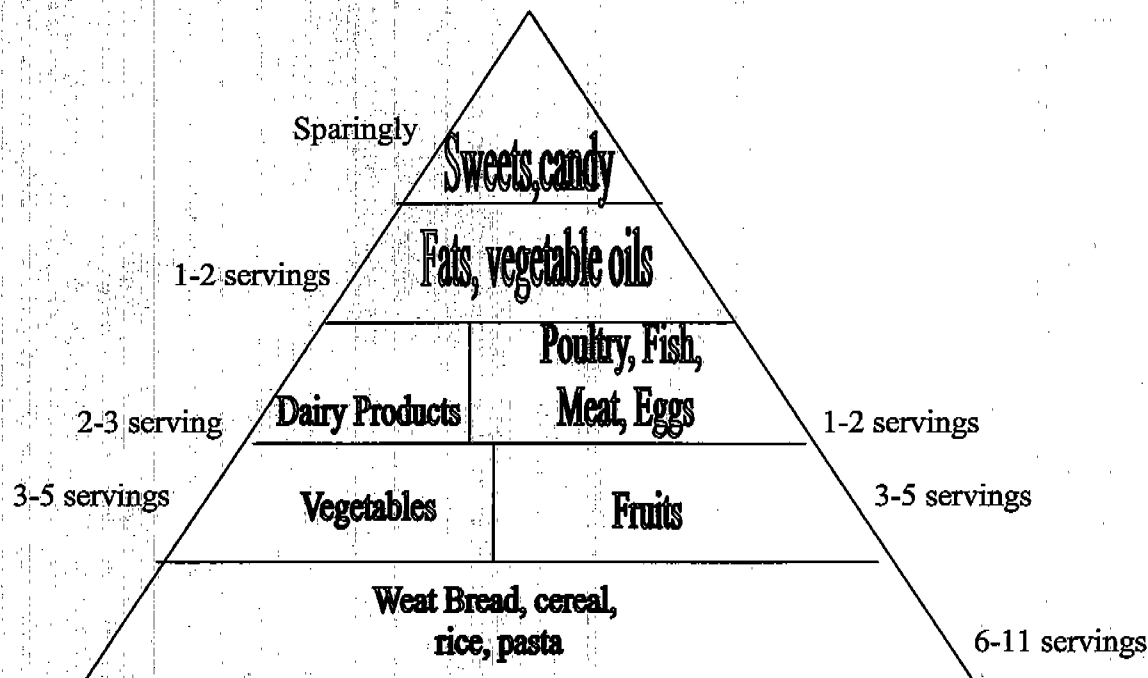
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Improving Food Pyramid

Though the Food Pyramid was made to help people improve their diet, there is a large population of people still struggling with their health. Changes have been made to make the pyramid better. I believe there is still need to improve the pyramid.

There are so many disadvantages for fat intake, such that it is at the very top of the pyramid. People do not realize that fat can be important in the diet. The food pyramid does not give a serving size for fat. This should be changed because people might take in less fat than they need. Fat is needed in the diet because the body does not make fatty acids, which support cholesterol metabolism and help in skin and hair health. Too much fat is not good, just as too much of the other nutrients, is bad. The size of fat serving should be enough for the people just like the other nutrients in the food pyramid.

Below is a drawing of how the new food pyramid should be:



Julie D. Rhame ✓
Nutrition and Health

Rhame
1 OF 2

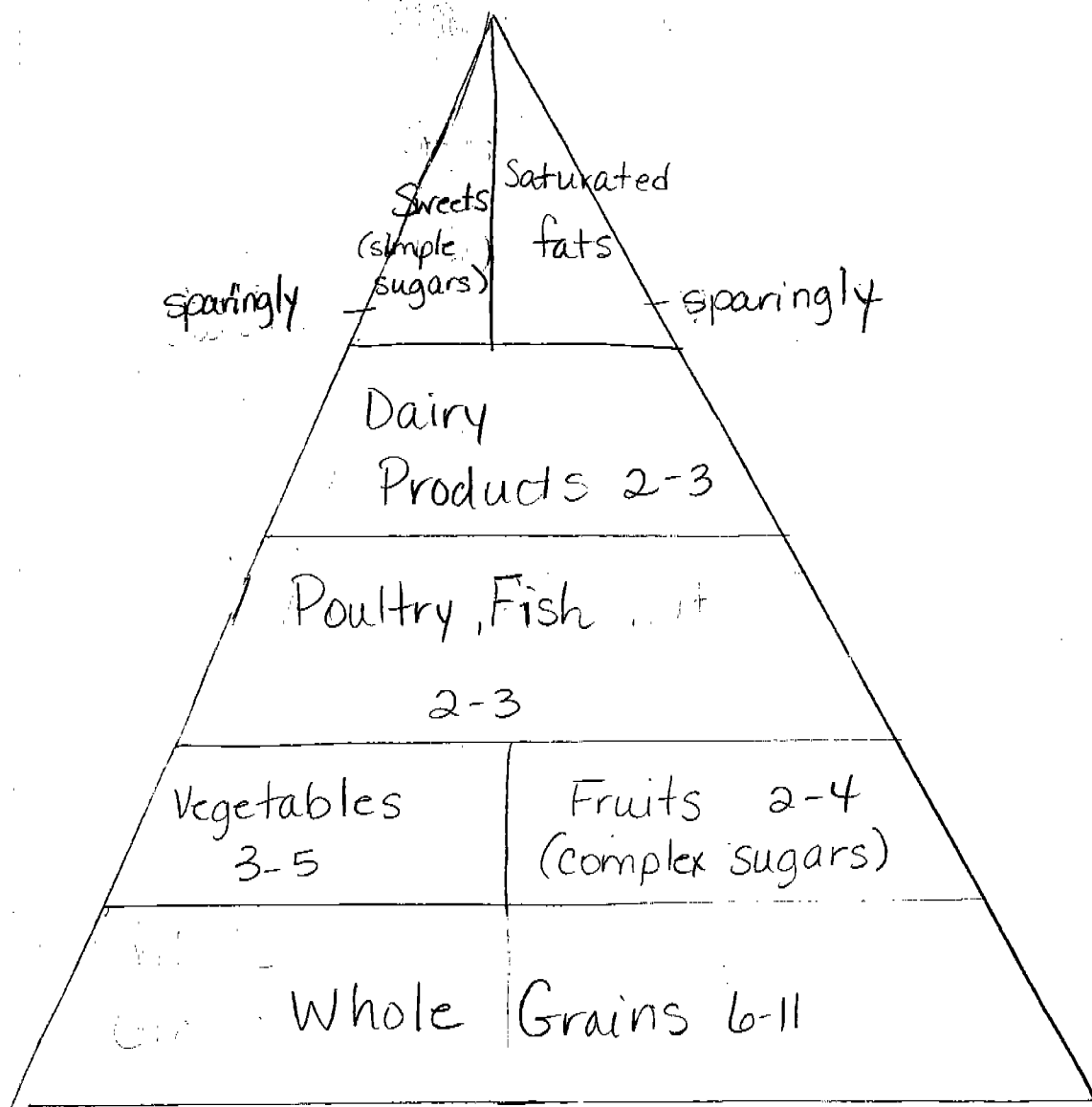
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KJ

Food Pyramid

Rationale: I choose to place whole grains at the bottom of the pyramid, because I felt that people should have larger servings of these. Whole grains contain the nutritious portions of the grain such as, are vitamins and minerals. In the next level of the food pyramid, I chose to place vegetables and fruits. Vegetables should be eaten daily to ensure that the body gets the important nutrients such as fiber, vitamin A, C, folate, potassium, and magnesium. Fruits are important because they contain the complex sugars, which provide the body with energy. Poultry and fish are place on the next level. I placed poultry and fish close to the bottom, because I feel that this would let people know that poultry and fish are better for the body than red meats. Dairy products are placed on the next level. Dairy products are important for health, but only in moderation. At the top of the food pyramid I chose to place saturated fats and sweets. Saturated fat servings should be in very minute quantities. Saturated fats can increase the risk of heart disease. Sweets servings should also be in very minute quantities, because they contain very little nutritional value.

Rhame
20F2

Julie Rhame



✓
Megan Boswell
Nutrition Tue/Tr 8:00
October 7, 2003

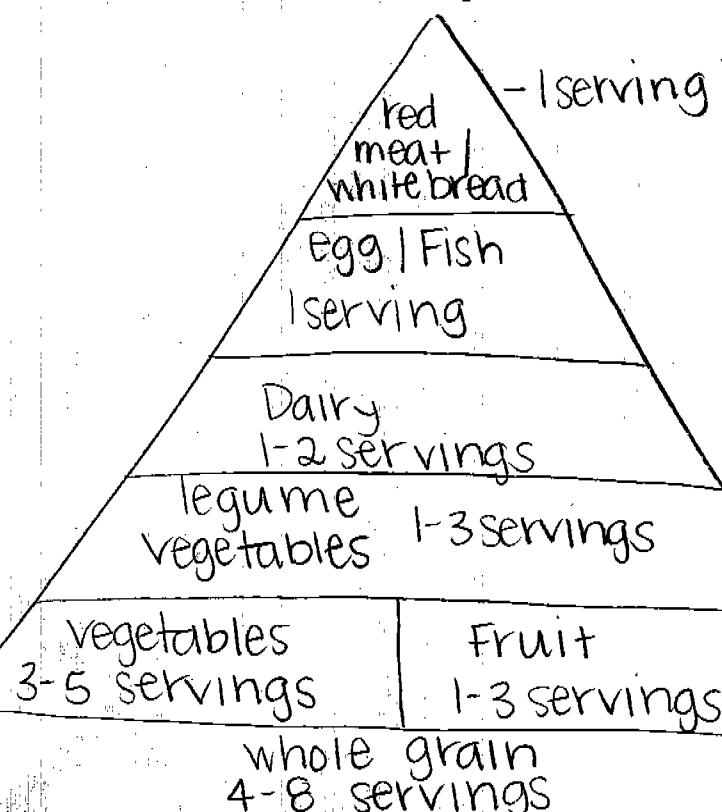
Boswell
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K1

New Pyramid

The new pyramid that I created will help people be healthier in many ways. I lowered the servings of whole grain and I also lowered the servings of fruit. I think by doing this it will eliminate a lot of extra sugar and carbohydrates. Also, by separating whole grain from white bread, it eliminates the scope of a cinnamon role from whole wheat bread.

I also think that the poultry and eggs should be reduced which might lower cholesterol. I also switched the dairy group and poultry/egg group. I lowered the serving of red meat and white bread. A lot of people have the misunderstanding that red meat is good and they also believe that white bread is good. Red meat is protein, but not the best way to obtain protein. Also, white bread is loaded with sugar and carbohydrates. I think that the two should be avoided as much as possible.



Rachel Fox ✓
Nutrition
October 7, 2003

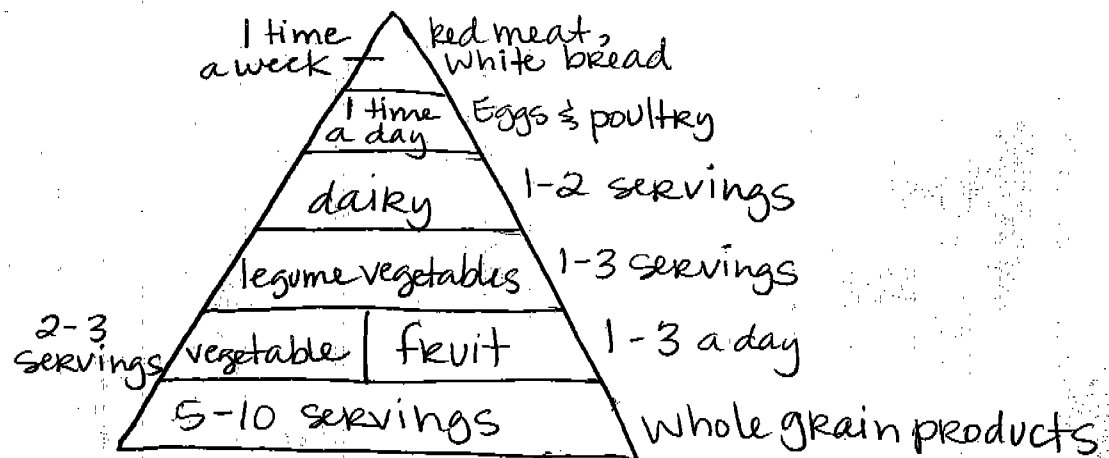
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New Pyramid

Changing to the new pyramid will be more health beneficial in several ways. My pyramid separates the good fats from the bad fats, provides more protein from legume vegetables rather than red meat, and lowers the poultry and egg servings. Also, I decided that red meat and white bread should only be allowed once a week if desired.

By separating whole grain from white bread, it eliminates the broad scope of a cinnamon role from whole wheat bread. Also, by reducing the serving size of poultry and egg group, maybe a person's cholesterol will not exceed normal. Then, I reduced the red meat portion because it is very unhealthy and needs to be voided if possible, and white bread as well because it just turns into sugar in the body. My pyramid is correcting the understatement that all carbohydrates are good, and meat is a great source of protein.

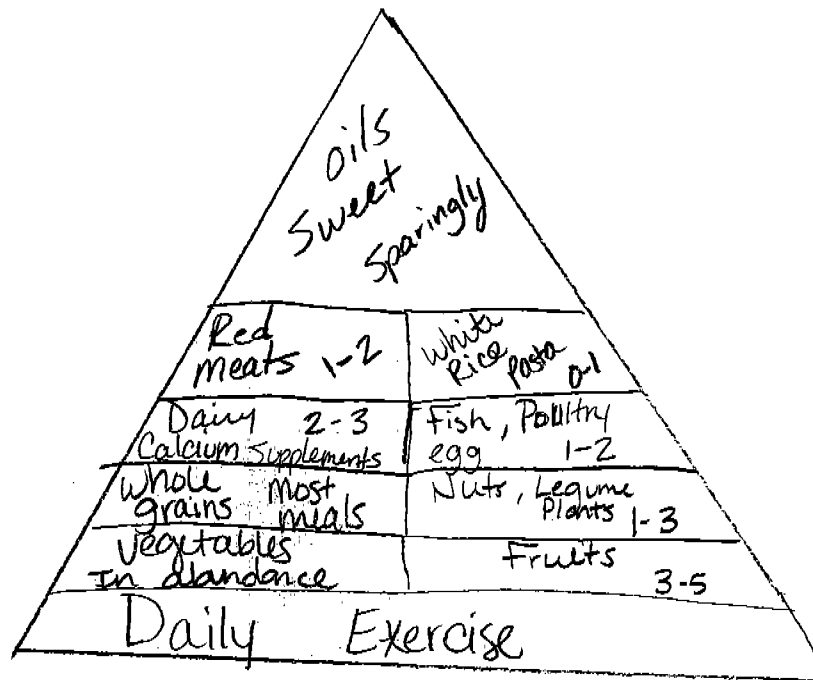


Simmons
1 OF 1

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KT

Julie Simmons
Nutrition
10-7-03

New Food Pyramid



I think the serving size for fruits and vegetables should be increased and moved to the bottom of the pyramid as more important groups. I think it is hard to get as much as we need when it comes to these two groups and we should encourage people in eating more healthy by the increase of vegetables and fruits instead of eating less servings of other things, just eat more of these. I also think the pyramid should break down the different categories of carbohydrates and fats, but making this understandable to people by listing foods that might be found in these groups. Specific types of meat should be identified also. More of an emphasis on exercise is also an important part of the food pyramid.

October 9, 2003

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10/9/03

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Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

Dear Team Members:

In response to your call for input regarding revisions to the Food Guide Pyramid, there are several ways the content, as well as usage, can be improved. Dietitians play a key role in disseminating nutrition messages and information to the public and therefore are keenly aware of the complex process of teaching a patient to eat well and exercise.

Nutrition professionals frequently counsel individuals and families on issues of weight management, activity/exercise, and healthy food choices. They instruct them on basic nutrition, food groups, serving sizes and food labels. One of the main tools used is the Food Guide Pyramid. While the Food Guide Pyramid has many strengths and is a multifaceted learning tool, there are two main drawbacks. One is with the use of caloric requirements and categories and the second is with how information fails to reach the public.

Frequently, a patient is concerned with their own weight or their child's weight. They either want to be given a "diet" with specific calorie requirements or they refuse to listen if they are going to be assigned a "diet". Caloric need is not a one size fits all concept. Not only can two people with the same gender, height, weight, and amount of physical activity have different caloric requirements, figuring out one's child's or own caloric needs can be far too complicated for the average consumer. The consumer may become distracted by calorie concerns and dismiss the importance of moderation and choosing a variety of nutrient dense foods.

Many people feel that if the public has nutrition and activity questions they should seek assistance from a health care professional. However, insurance often covers only one nutrition visit in a lifetime and people tend to seek out nutrition counseling only after a problem develops. The Food Guide Pyramid should be a preventative tool to help the public self-manage their weight and health.

The average American needs help with understanding the basics of what eating "healthy" means. They are bombarded with a plethora of advertising, peer input, the latest diet-of-the-day, and body-image misconceptions. Today "carbs" are bad, tomorrow fats are good, and the next day only some fats are good. When they do not know the foundation of which foods contain carbohydrate, protein and fat, they

*Bloch
2 of 3*

October 9, 2003

are not prepared to make educated decisions on which foods to choose nor how much to consume.

These same people are over-whelmed in their daily life without being told to watch the number of calories they are consuming along with those of their children nor can they fathom what it means to fit in an hour of exercise everyday. The American Dietetic Association (ADA), in its position paper "Total diet approach to communicating food and nutrition information", reports 29% of consumers cited "lack of understanding of nutrition guidelines" as a barrier to nutritious eating.

What do people need? They need the basics. They need to know the content of food, how and what to buy, how to afford it, prepare it and when to eat it. They need to know how to fit activity into their day and be supported in their efforts by community infrastructure i.e. bike lanes, safe routes to school and work, accessible stairs. They need to know how to read labels and how to eat well from all food groups. Anyone can claim to eat according to the Food Guide Pyramid but that could mean marbled steaks, whole milk, canned fruit and juice, iceberg lettuce salad, and white bread and bagels. In other words, the public needs guidelines on how to choose well from each group and fit activity into their daily lives.

Essentially, the Food Guide Pyramid is a good tool. However, the messages and materials do not reach the intended audience. Many nutrition professionals are not aware of the extensive materials available on the www.pueblo.gsa.gov web site. If the professionals do not have the educational materials, the public is not likely to have access to the materials. While most patients have heard of the food pyramid, they did not know much beyond identifying food groups. Sometimes, that is not even the case. If the information contained in the Food Guide Pyramid and related educational materials are to make a difference in how the American public eats, then that information must reach the consumer.

As with other campaigns to change the public's thinking, advertising through mass media would be a wonderful way to reach Americans. According to the ADA's Nutrition and You: Trends 2000 survey, "the media are consumers' leading source of nutrition information, with television (48%), magazines (47%), and newspapers (18%) cited as the top three information sources". Advertising on television and in magazines, messages on billboards and curriculum in schools would expose the public to nutrition messages and educate them on healthy lifestyle behaviors.

In summary, although the Food Guide Pyramid along with the "Aim, Build, Choose - for good health" education material are very useful and user friendly tools, there is room for improvement:

- Avoid focusing on caloric requirements in consumer materials, although an explanation for the ranges given for servings is helpful.
- Focus on nutrition basics and skills: label reading, food group guidelines - dependent on current scientific findings (i.e. low-fat dairy and meat, high-fiber grains, fresh or frozen fruits and vegetables, liquid fats)

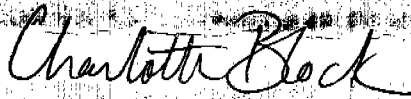
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October 9, 2003

- Do not depend solely on health care professionals to convey nutrition and activity messages. Use media to educate public about healthy behavior lifestyles.

I hope these suggestions will be helpful as you undertake the important task of revising the Food Guide Pyramid. Thank you for allowing health care professionals and the public the opportunity to voice concerns and share our knowledge on the topic.

Sincerely,



Charlotte Block, RD

Petersen
10/10/03

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10/15/03
KT

October 10, 2003

Eric J. Hentges, Executive Director
Center for Nutrition Policy and Promotion
Food Guide Pyramid Reassessment Team
USDA CNPP
3101 Park Center Drive, Room 1034
Alexandria VA 22302

Dear Mr. Hentges:

RE: Proposed Daily Food Intake Patterns for Food Guide Pyramid

I am writing to express concern in regard to the Proposed Daily Food Intake Patterns for Food Guide Pyramid. As the government modifies the food guide pyramid, we are pleased that the revision suggests daily intake amounts of essential alpha-linolenic acid (ALA), however food sources noted of this essential fatty acid are misleading and incomplete. I realize that the main food sources of ALA in the American diet based on national surveys are canola oils and soft margarines, but as American consumers begin to think about changing their personal dietary choices, they may want to know more about walnuts. Walnuts are unique as one of the only whole food sources of ALA – often thought, as mentioned, to be only in canola oil and canola-based soft margarines. In addition, walnuts are also lower in calories and saturated fat than canola oil plus offer protein, fiber and other nutrients. In fact as you know, the Food and Drug Administration (FDA) affirmed the health claim, "Supportive but not conclusive research shows that eating 1.5 ounces per day of walnuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content." This FDA decision comes in response to a petition filed by the California Walnut Commission, which highlights a body of international scientific research substantiating the specific benefit of consuming walnuts as part of a heart healthy diet in reducing the risk of heart disease. The body of evidence suggests that the nutritional composition of walnuts contribute to these heart health benefits.

Clearly, further steps need to be taken to place greater emphasis on utilizing walnuts as a rich source of ALA. I hope the USDA will join the U.S. Food and Drug Administration, the Food Nutrition Board of the National Academy of Sciences and other recognized agencies such as the American Heart Association in acknowledging the health benefits derived from the ALA in walnuts as they make their revisions to the Food Guide Pyramid.

I urge you to please consider this recommendation.

Thank you for your efforts!

Sincerely,

Donna L. Petersen

September 29, 2003

Master
1 of 1

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10/15/03
KT

Food Guide Pyramid Reassessment Team
USDA Center for Nutrition Policy and Promotion
3101 Park Center Drive, Room 1034
Alexandria, VA 22302

I am a Graduate Student of Nutrition at Syracuse University and am writing in regards to the revision of the USDA Food Guide Pyramid. I would appreciate your consideration of the following suggestions for the revision of the USDA Food Guide Pyramid based on the Mediterranean Lifestyle, which promotes regular exercise and the consumption of more fruits, vegetables, unsaturated fats, and grains.

- Physical activity and water consumption should be included on the USDA Food Guide Pyramid, as both are very important in maintaining good health. Regular physical activity helps people maintain a healthy weight, which has a positive influence on overall health (helps prevent diabetes, heart disease, some cancers, osteoarthritis, and gout to name a few). At least eight glasses of water should be consumed a day for good hydration. Good hydration promotes proper body function and vitamin/mineral absorption.
- The USDA Food Guide Pyramid is confusing to the general public because portion sizes are misunderstood. The general public is not aware of portion sizes and may find portion sizes to be unrealistic. The Mediterranean Lifestyle features a different format, where portion sizes are not listed and daily, weekly, and monthly consumption is listed. I believe that to be an easier model to follow. Some foods should be consumed on a daily basis, whereas some should be consumed only weekly or monthly. It is important that physical activity be listed as something to be done daily.
- Wine consumption in moderation should also be included on the USDA Food Guide Pyramid, as a number of studies have shown it to be beneficial to one's overall health. Wine consumption should be listed as optional, but can be listed under the daily requirements.
- Saturated fats and unsaturated fats (polyunsaturated and monounsaturated) should be two different groups. It is unhealthy to consume saturated fats, as they can cause high cholesterol in some people. Polyunsaturated fats provide the body with essential fatty acids and help reduce LDL and increase HDL. The two groups (saturated fats and unsaturated fats) should include a list of the foods that contain them (saturated fat examples: beef, coconut oil, cheese, butter, and pork — unsaturated fat examples: olive oil, peanut oil, walnuts, and avocados). Saturated fats should be limited, while unsaturated fats should be consumed daily, but in moderation.
- Healthful food choices should be listed in each group and a note should be made that the pyramid does not show the only foods that can be consumed. The inclusion of grains such as whole wheat, couscous, wheat bran, buckwheat, and rye should be made.

Again, I urge you to consider the above suggestions for the revision of the USDA Food Guide Pyramid based on the healthier Mediterranean Lifestyle.

Staci Master
Staci Master
Graduate Student of Nutrition at Syracuse University

Snydstrup
1 of 1

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10/18/03
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To: Yee, Kelly

Subject: Re: USDA NEWS RELEASE: USDA calls for public comments on Food Guide Pyramid

Ms. Yee,

Dear Food Guide Pyramid Reassessment Team:

We use the food guide pyramid for education in our WIC (Women, Infant, and Children) clinics. Our clients are often surprised to find out how small a portion size is. For example, a lady will tell me that she isn't getting enough starch as she only had one serving at super of rice. I come to find out this one serving is a full plate of rice and in this one meal she has met the requirement for starch.

We try to work at educating our clients about serving sizes. Also many of them are surprised that children's portion sizes are so much smaller than adults.

Also as a group, we try to get our population eating more fruits and vegetables and less soda and chips.

For my clients with diabetes I have found the picture of the plate helpful. 1/2 the plate is shown as vegetable, 1/4 of the plate is shown as meat or meat sub, 1/4 of the plate is starch. Outside the plate is a cup of milk and a piece of fruit. This graphic picture has been helpful in teaching. If you would like a copy let me know.

If you have time, I would be interested in the results of your inquiries.

Sheri Snydstrup, LDN, RD

WIC Nutritionist

Snydstrup, LDN RD